

## **Continuing from Chapter 9 of *Global Shamanic Energy Work*:**

### **WHAT MEDITATION DO I WORK ON NOW?**

Basically it's a simple easy-to-remember three-part visualization:

1. Spreading a thick layer of pink (love) energy all over the globe, energy that with sufficient time works its way up and envelopes the whole body. It is impossible to avoid it or step away from it because of the uniformity of the pink layer.
2. Generating a global collapsing sphere of white light heavily imbedded with the concept of knowledge... of knowingness... to foster intuition in humanity.
3. And lastly, activating the heart-to-heart generator as a human-to-human contact, between the first two layers without regard to skin color or nationality,

Alternatively, sending a HUGE Shakti of God energy, to the Great White Brotherhood to help assist in their global, galactic and intergalactic work to spiritualize ALL beings. Yes, this also includes the planet of arachnids that I had been "asked" to work on, as well, during a sunset meditation.

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Sunday, Nov. 21. '21, while laying out my 12-plus crystal collection to be finally assembled on lighted stands, and recently reading about the Atlantian reliance on crystals for their universal power source (crystals being used in all private and public meditation areas to support purposeful meditations) and using my "Lumarian" crystal (assumed because of its striations) to energize the rest of the group with continuing emanations, **2A. I additionally visualized the spiritual pink layer traveling up through the body to help support the descending white "knowingness" layer, producing a spiritualized knowingness.**

The meditation objective could then be considered complete or continue with the heart-to-heart generator "spraying" the Earth's population with a gratitude-filled heart. ( The gratitude-filled heart concept contributed by the Hathors channeled by Tom Kenyon.)